



“What I know deep down in my bones, is that learning to love myself has led me to be able to say this: I’m so proud of how I’ve lived.”

Introducing

Hold On... > <https://www.youtube.com/watch?v=wcM9umo7KMs>

Who’s That Lady > <https://www.youtube.com/watch?v=q1DDgNCLD84>

Reality

You Can’t Always Get What You Want >
<https://www.youtube.com/watch?v=Ef9QnZVpVd8>

Learning From Music

Foundations and Lessons > <https://youtu.be/9gLBvgvXTok>

Make That First Step

Steppingstones: <http://asktim.org/2016/06/steps/>

Know What is Required

“I wish that I knew all I know now when I was younger” >
<https://www.youtube.com/watch?v=cpSIT2BVvGc>

With a Little Help from My Friends >
<https://www.youtube.com/watch?v=a3LQ-FRe07Q>

You’ve Got a Friend > <https://www.youtube.com/watch?v=VbMI4imWFzY>

Qualifying Tests

Under Pressure > https://www.youtube.com/watch?v=YoDh_gHDvkk

Trust Your Cape > <https://www.youtube.com/watch?v=wLjWKwCAjJs>

I’m Lucky > <https://www.youtube.com/watch?v=8uhiW5YqM38>

Story Telling

My Name is Sue > <https://www.youtube.com/watch?v=WOHPuY88Ry4>



Confidence

Red Kickers: <http://asktim.org/2014/02/kickers/>

Body Language: <https://www.youtube.com/watch?v=Ks-Mh1QhMc>

Being Yourself

I'd Rather Be > <https://www.youtube.com/watch?v=QDh9Oz6EXqY>

Your Life > <https://www.youtube.com/watch?v=56LVUjK7Sz8>

Love Yourself > <https://www.youtube.com/watch?v=EPHUZenprKc>

Power of Vulnerability >
http://www.ted.com/talks/brene_brown_on_vulnerability?language=en

Disappointment/Rejection

Eurospin (listen to the refrain at the end) >
<https://www..com/watch?v=L06Zq9U77n8>

Start Over Again > <https://youtu.be/qAUT1Y6Ndww>

Grief

Grief - Terry's Song > <https://www.youtube.com/watch?v=Avi4ucNc4FY>

New Hope

Hope and Social > <https://www.youtube.com/watch?v=t-QirK-W2sk>

Live in Southampton Friday 15/10/21

https://www.songkick.com/concerts/39775328-hope-and-social-at-hanger-farm-arts-centre?utm_source=11593&utm_medium=partner&utm_campaign=widget&utm_content=2331465

Thank You

Thank You/This Time Tomorrow:
<https://www.youtube.com/watch?v=Zsl7Xh9Ae1k>